

1 Hour Post Shooting Workout

"It's not up to anyone else to make me give my best."

- Hakeem Olajuwon

Drill:	Made Shots:	Date:	Date:	Date:	Date:	Date:	Date:
Form Shooting: 3ft	1m						
Form Shooting: 5ft	1m						
Form Shooting: 7ft	1m						
Free Throws	1m						
X-Out Layups	1m						
Block to Block	1m						
Elbow to Elbow	1m						
Free Throws	1m						
Right Low Post: Drop Step	2m						
Right Low Post: Jump Hook	2m						
Right Low Post: Fade Away	2m						
Right Low Post: Up-and-Under	2m						



Right Low Post: Reverse Pivot, Shot	2m						
Free Throws	2m						
Rest	1m						
Left Low Post: Drop Step	2m						
Left Low Post: Jump Hook	2m						
Left Low Post: Fade Away	2m						
Left Low Post: Up-and-Under	2m						
Left Low Post: Reverse Pivot, Shot	2m						
Free Throws	1m						
Rest	1m						
Right Elbow: Jab Step, Shoot	2m						
Right Elbow: Shot Fake, Drive	2m						
Right Elbow: Shot Fake, 1-Dribble Spin	2m						
Right Elbow: Shot Fake, Shoot	2m						
Free Throws	1m						
Rest	1m						



Left Elbow: Jab Step, Shoot	2m						
Left Elbow: Shot Fake, Drive	2m						
Left Elbow: Shot Fake, 1-Dribble Spin	2m						
Left Elbow: Shot Fake, Shoot	2m						
Free Throws	1m						
Rest	1m						
Midrange Shots: Left Corner	1m						
Midrange Shots: Left Wing	1m						
Midrange Shots: Top of Key	1m						
Midrange Shots: Right Wing	1m						
Midrange Shots: Right Corner	1m						
Free Throws	2m						
Total:	60 Mins	60 Mins	60 Mins	60 Mins	60 Mins	60 Mins	60 Mins



1 Hour Post Workout Instructions

Overview: A 1-hour timed workout for the post position. This workout has focus on scoring off both the low and high block as well as mid-range shooting.

You Will Need:

- A device to time the workout. This could be an iPhone, iPad, game-clock, stopwatch, etc.
- One basketball.

Caution with Timed Workouts: There are two major problems that arise when you perform timed workouts:

1. Knowing when to change drills and what to do next. You can use an iPad or iPhone with the clock showing to help you keep track of time. You don't want to be running to the piece of paper each time.
2. Tracking your results. With only one minute of shooting for most drills, that doesn't leave much time to mark down your results.

With that said, my recommendation is to only use a timed workout when you have someone else there (a parent, coach, or teammate) that can keep track of the time, mark down your results, and tell you which drill is next.

WORKOUT INSTRUCTIONS:

0:00 - 0:01 — Form Shooting 3ft: Shoot for 1 minute from 3ft away from the basket.

0:01 - 0:02 — Form Shooting 5ft: Shoot for 1 minute from 5ft away from the basket.

0:02 - 0:03 — Form Shooting 7ft: Shoot for 1 minute from 7ft away from the basket.

0:03 - 0:04 — Free Throws: Using your complete free-throw routine, shoot free throws for 1 minutes.

0:04 - 0:05 — X-Out Layups: X-out layups works on finishing at the ring with both hands. The player starts on the right elbow and then dribbles in and makes a right-handed layup. They immediately rebound the basketball, dribble out to the left elbow, and then dribble in for a left-handed layup, then they rebound and dribble out to the right elbow again. Continue this for 1 minute.

0:05 - 0:06 — Block to Block: Continuous jump shots swapping from block to block after every shot for 1 minute.

0:06 - 0:07 — Elbow to Elbow: Continuous jump shots swapping from elbow to elbow after each shot for 1 minute.



0:07 - 0:08 — Free Throws: Using your complete free-throw routine, shoot free throws for 1 minutes.

0:08 - 0:18 — Right Block Post Moves: From the right block, perform the following post moves for 2 minutes each:

- Drop step.
- Jump hook.
- Fade-away.
- Up-and-under.
- Reverse pivot, shot.

0:18 - 0:20 — Free Throws: Using your complete free-throw routine, shoot free throws for 2 minutes

0:20 - 0:21 — Rest: Get a quick drink of water and catch your breath for 1 minute.

0:21 - 0:31 — Left Block Post Moves: From the left block, perform the following post moves for 2 minutes each:

- Drop step.
- Jump hook.
- Fade-away.
- Up-and-under.
- Reverse pivot, shot.

0:31 - 0:32 — Free Throws: Using your complete free-throw routine, shoot free throws for 1 minute.

0:32 - 0:33 — Rest: Get a quick drink of water and catch your breath for 1 minute.

0:33 - 0:41 — Right Elbow Post Moves: From the right elbow, perform the following post moves for 2 minutes each:

- Jab step, shoot.
- Shot fake, drive.
- Shot fake, 1-dribble spin.
- Shot fake, shoot

0:41 - 0:42 — Free Throws: Using your complete free-throw routine, shoot free throws for 1 minute.

0:42 - 0:43 — Rest: Get a quick drink of water and catch your breath for 1 minute.

0:43 - 0:51 — Left Elbow Post Moves: From the left elbow, perform the following post moves for 2 minutes each:

- Jab step, shoot.
- Shot fake, drive.
- Shot fake, 1-dribble spin.



- Shot fake, shoot

0:51 - 0:52 — Free Throws: Using your complete free-throw routine, shoot free throws for 1 minute.

0:52 - 0:53 — Rest: Get a quick drink of water and catch your breath for 1 minute.

0:53 - 0:58 — Midrange Shooting: Shoot for 1 minute from each of the 5 different midrange spots on the floor.

0:58 - 1:00 — Free Throws: Using your complete free-throw routine, shoot free throws for 2 minutes.

